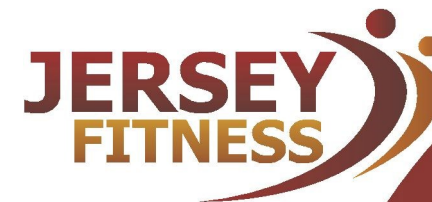




# Spinning® Schedule

## April 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:00AM Interval Ride Chrissy  5:30PM SPIN-N-Sculpt Tara Puitz	3  5:30PM Interval Ride Chrissy	4	5 5:00AM Interval Ride Chrissy  9:15AM Interval SPIN Chrissy	6  5:30PM Happy Hour Tara	7
8 9:00AM Intro Spin Tara (30 Minutes)	9  5:30PM SPIN-N-Sculpt Tara Puitz	10 5:00AM Interval Ride Chrissy  5:30PM Interval Ride Chrissy	11 5:00AM Interval Ride Chrissy	12 9:15AM Interval SPIN Chrissy	13  5:30PM Happy Hour Chrissy	14
15 9:00AM Intro Spin Tara (30 Minutes)	16  5:30PM SPIN-N-Sculpt Chrissy	17  5:30PM Interval Ride Chrissy	18 5:00AM Interval Ride Chrissy	19 5:00AM Interval Ride Chrissy  9:15AM Interval SPIN Chrissy	20  5:30PM Happy Hour Chrissy	21
22 9:00AM Intro Spin Tara (30 Minutes)	23  5:30PM SPIN-N-Sculpt Tara Puitz	24 5:00AM Interval Ride Chrissy  5:30PM Interval Ride Chrissy	25	26 9:15AM Interval SPIN Chrissy	27 5:00AM Interval Ride Chrissy  5:30PM Happy Hour Tara	28
29 9:00AM Intro Spin Tara	30  5:30PM SPIN-N-Sculpt Tara Puitz		<div style="border: 1px solid blue; padding: 5px;"> <p><b>Sign Ups start 15 minutes prior to class at front desk!</b></p> <p><b>Please bring towel and water bottle! to class!</b></p> </div>			